



**Food ID:** N006

**Food name and Description:** Clam paste, ginamos

**Scientific name:**

**Alternate/Common name(s):** Bagoong tulya, ginamos

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	69
Energy, calculated (kcal)	69
Protein (g)	7.5
Total Fat (g)	0.4
Carbohydrate, total (g)	8.9
Ash, total (g)	14.2

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.6

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	207
Phosphorus, P (mg)	153
Iron, Fe (mg)	22.5
Sodium, Na (mg)	2357

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-